

# **The Green Temple**

**By**

**Anna Enfys**

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## FOREWORD

This short book chronicles my personal journey so far with Elen of the Ways, Brigid, Arianrhod of the Silver Wheel and the Elders of the Green Temple.

As you read you'll learn a bit about these three female energies or goddesses and some recommended reading will be listed if you wish to dig and delve for yourself.

Working with Elen, Brigid, Arianrhod and the Elders has become a way of life, and also a way of working with the web of light for the good of all. The way of the Green Temple is also the way of living in harmony with nature and awareness of the turning of the wheel, that is the wheel of the year, much as our ancestors did.

As you read you'll discover how Elen, Brigid and Arianrhod are entwined.

Much is afoot even as I write this short book and so my path evolves as does yours! If you're reading this book then it is no accident. Elen has ways of bringing herself to your awareness, so too, I might add, do Arianrhod and Brigid and so do others too.

So time it is then, for you to embark upon your journey through this little book. I bid you hail and welcome to the start of this journey, and, I hope you enjoy your discoveries!

Welcome to my path, which may also be yours too!

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## Chapter 1 – How It All Began

It has been some months since Elen and Arianrhod came into my awareness, and this through an energetic/psychic connection with a dear friend who I was working with at the time. Arianrhod I had heard of. You too, may not have heard of Elen of the Ways or Elen of the Hosts (as well as several other names I may add). There is information about her out there, as I found out but still in many ways, Elen can be quite elusive. She is quietly powerful! That is just how it is meant to be, I feel. Later on, after I was starting to write this book, Brigid came along and already things were evolving. She had been in my mind and has nudged me in the past I realise now.

I digress, as is my way, so bear with me. I include here in the book, some of my journal entries, which backs up what I say so you can share my journey and build a more complete picture.

It was earlier in the year when I was working with my friend who, for the purpose of this book, I shall call Sonia. Sonia and I had connected online and we both felt such tingling through our bodies. For some reason, I said to her, imagine our palms are touching and that was when the connection first started. I saw us both, either side of a door and yet, we could see each other. I pushed the door aside and Sonia passed through what I can only describe as a kind of portal and she saw the milky way spread out before her and just felt she was travelling and floating through this expanse. I could see none of it except for the doorway but what I do recall vividly is a voice telling me that I'm a Queen of the Druids and that it is time to remember! Remember what exactly I thought? I did remember that the star ways or star paths are connected with Arianrhod, and this nudge I believe came through my friend Sonia.

I've known for a long time about my druid leanings and indeed, I am a member of the British Druid Order and working through their bardic course. I didn't and still don't take the title of Queen to heart, but I have been told on a previous occasion that I have been a Druid Priestess in the past and it has come up in a past life reading too. Time it is then to remember that knowledge, the wisdom that is carried within and I rather feel there are many of us that need that remembrance, in order to bring about change for the good, and boy, is that needed now more than ever!

As you may guess, things moved on. I treated myself to a little Kindle book on Goddesses, but still at this point had no inkling of Elen. Rather it was Arianrhod who came through first of all to work with me, in order to do some release work at the time of a dark moon. Of course, I read stuff on Arianrhod after that and she did

appear in the book I read, which I'll list at the end. There isn't a lot of info out there about Arianrhod really, but I sense that that is how she prefers it to be. That dark moon release was the start of many shifts!

Anyway, the little gem of a book is where Elen of the Ways came up for me and my curiosity was really piqued, something was really resonating with me at this point. So, off I went to buy yet another book (and there was more to come during my research). This book mentioned that Arianrhod may in fact be another facet of Elen but it gets better than that, but I'll tell you later!

By this point I am reading so much, beside my coursework, but now the course itself shows me the Gundestrup Cauldron which also appeared in the book I was reading too. On the cauldron is a wonderful image and many think it to be a stag – I believe it may be no stag but actually could be a reindeer and I'll explain about reindeer and antlers later too, just to keep you on your toes, I'll save it. The cauldron too, is related to another and she shall feature within these pages. Look at the Gundestrup Cauldron, it's a really beautiful piece. <https://g.co/kgs/zBEiT4> (Google Arts & Culture)

I have to say, I was wondering where all this was going and was feeling a bit 'all at sea'. I shouldn't have been so perplexed really and it didn't last long, for one morning, in that state between being asleep and waking up, I had a vision of being in a group or circle and writing a poem (it was my turn apparently). I kept getting the name of Carrie. In this vision I was struggling to find a blank page to write on, and what the significance of that was, I've yet to find out. Once I'd awoken properly I grabbed a little book I keep in my bedside table drawer, and a poem came through about Carrie and Elen. Here is that poem ~

Carrie is a wild woman, A woman of the wood.  
She'll meet you if you call her and teach you what is good.  
Healing herbs to help you, and others too.  
She will be your teacher, show you what to do.  
Thyme for a gargle, Lavender as a balm.  
Walk in Carrie's footsteps, you'll come to no harm.  
Follow the tracks you see as you meander through the trees,  
Hear her calling you, hear it on the breeze.  
Walk the ancient ways, walk as you used to do.  
Elen of the Ways, she is calling too.

For it is time to think, learn and act,  
For Mother Nature suffers, that is a fact.  
It's not too late, but heed the call you hear,  
Humbly ask for guidance, to be shown the way, there's nothing to fear.  
The wisdom is there, it has not gone away.  
Let it come forth, work with it and yes, play.  
Be creative, be thoughtful, live from the heart.  
For you, Elen and Nature are not far apart.  
Go within, to your inner wood,  
Clear out the modern and old debris, keep only what is good.  
Carrie is calling, Wild Woman is she.  
You are a Wild Woman, allow yourself to be.  
Time is of the essence, wake up and smell the flowers.  
Remember how to use the wisdom and your gifted powers.  
Carrie and Elen call out to say.  
Come. Join us. Meet with us. Call this day.

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I can tell you that as I read back what had flowed from my pen, my eyes were popping out of my head! It made sense though, it all resonated and maybe, just maybe, it does with you too.

I've since found out that Carrie is one of my guides, a wild woman and one who shape shifts into a reindeer, and so, I have a guide who walks the reindeer trods with me. What a blessing Carrie is.

As the weeks and months have passed by I've been reminded of earlier journal entries, well a few years back actually and much ties in with what has been happening. Even so, I still felt at times I might just be making it 'up'. Such is the way, that I got further 'signs' that I wasn't barking up the wrong tree so to speak.

Firstly my son gifted me an art book. I opened the book, first image ~ a female figure with an antlered headdress! Twice, I watched films. One showed deer during the introduction and another, there was a picture of reindeer in the home of the

characters I was watching in another. The name Elen was popping up everywhere too. When I watched another programme, and a porchway was designed with the apex looking like antlers, I nearly fell off my perch, or perhaps that should be out of my tree!

By now, your jaw has either dropped or you think I really am out of my tree! I can tell you now that I am as solid and as grounded as a tree. A big sturdy oak will do, and as I write that, a particular tree springs into my mind's eye :)

By now, I am on to reading yet another book, called the Silver Wheel, but it is not just about Arianrhod, or deer either, well not totally, Arianrhod does appear and a deer with a star on her brow acts as a guide in the meditations. This particular book contained meditations as I mention and, a 'wheel of glyphs'. I took to recording myself reading these meditations and then going on the journey in a meditational state. One meditation takes you to meet your Lemurian self ~ I met a being with almond-shaped, luminous eyes, and a reindeer was my guide. I was told about a Temple of Nature – a Green Temple, that I left behind in a previous lifetime, and I was to keep it sacred. It will be a place of love and of sanctuary, to reconnect with nature, with each other, with all things. At this point I was given a glyph, which I was told holds the wisdom of the Green Temple. I carry that glyph with me now in a heart-shaped silver locket and it is imprinted on my heart. On another journey with a buzzard as my guide, I was given, a white leaf and a silver feather. I often see white trees when I travel, particularly to Arianrhod, the feather I feel is angelic reassurance, and an owl often appears as my guide and a little deer too.

I shall digress a little now, and mention my previous work with the Net of Light/The Grandmothers speak and it was during one of the online teachings (which I still like to attend), that a eureka moment came to me. I needed to stop trying to compartmentalise things, to believe and trust and let go of those last vestiges of self-doubt. This work I'd been doing here still resonates, and I now know that the Elders of the Green Temple are the ancients/grandmothers of these Isles, the Isles of Britain. I believe that each 'culture' or peoples have their Elders but all are one, just as we are. Then, bang, here's yet another poem ~ it's all good bardic practice :) Here is the next poem.

The Grandmothers are with me,  
Through their eyes I see  
How to move forward, how to be  
At one with self, with all living things,



One legged, two legged and with wings.  
Travel the net (web), of earth and of stars,  
No need to worry, no need for cars.  
Just step within and travel the lines,  
Go where you want to, no parking fines!  
Yes, all is connected, that much is true.  
Know that support, love and guidance is here for you.  
Let go of fear, let go of doubt.  
Step up to the mark, it's time to 'come out',  
As a Grandmother (Elder), a beacon so bright.  
Step up, step forward, shine that light.  
'Effortless effort\*' is the way,  
And you can be sure you're loved and supported every day.  
We bid you farewell for now,  
But travel to us when you need to be shown how  
To move forward, what is the best way to work.  
No need to battle through the confusion and mirk.  
We are here and many more support you too.  
We love you. You are loved. Love you too.

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(\* effortless effort is a term used in Sharon McErlane's books about the Grandmothers and the Net of Light).

So, the Elders are our Grandmothers of these Isles, they are ancestors, and there is also an overseeing Grandmother Elder who I'm told has all Grandmothers/Elders under her big umbrella, metaphorically speaking. Grandmother Elder has cloaks in many colours, not just a green one. I saw them, all lined up on coat hooks on one of my journeys! They are calling me and you, to their temple which I see as a grove of Elder Trees, marking the site of an etheric temple. They call us to take on the mantle, the green mantle, or a cloak as I was shown, when the Elders gifted me a green hooded cloak during a journey. More of that journey and a few more later! Suffice to say a little while later is when Brigid appeared to me. You'll get that particular link further on.

So, step forward to receive, to enter into the Green Temple. May your journey be as beautiful and mysterious as mine is, for much is still evolving. I will share some of my journeys and what came about, partly for entertainment and partly because I feel it is important to dismiss nothing that comes to you, be it a nudge, a vision, or a synchronicity. Grab a journal, make yourself comfy. Read, take note. Read between the lines for yourself if you will. Enjoy every moment and, may it transport you to the Green Temple and the Elders.

## Chapter 2 – And So The Guidance Came

I'm sure you'll have already gathered that a journey can be quite convoluted, not to say odd. No doubt you have had many of these moments too. If you haven't, then you'll be thinking what you've read so far is a little weird and this, is why I am sharing my little snippets because, one, it is far from weird, and two, as I said earlier nothing that comes to you personally should be dismissed. I would advocate the use of a journal too, for that can assist in recall and also of seeing how the path opens up and of how things connect together.

Now where shall I begin? At the beginning I suppose. No doubt I will miss a few bits and pieces, for it is the case that one doesn't always recall everything from a journey or a meditation.

I mentioned earlier, the fact that I had been working with the Net of Light/The Grandmothers Speak, and I enjoyed it, but underlying this was a strong sense that although I connected, these weren't my Grandmothers (or Elders), but I brushed it to one side, but then something changed....

I was half awake at the time, that delicious space between asleep and awake when I saw a woman with a cat, but also saw the words 'Judy calling', and 'call Judy'. I found out that Judy is an Elder/Grandmother (I intertwine elder and grandmother for I believe that elders are grandmothers and of course, crones). This was to be the start of the Elders connecting with me. As I write, I have met and seen four of them clearly. I was told that there are twelve, I'm number thirteen (I'll explain in due course). I am aware of the twelve when I work, but haven't seen all of them clearly but I do sense them energetically.

During another journey, I was shown the tree of life, a circle of Elders and I was flying as a kite (the bird), which now, as an aside to this, reminds me of a poem by Taliesin, where he states he has been all things. Anyway, I met another Elder called Maryam (and I mentioned a Maryam in my journal way before this started to come in). Maryam has dark hair and eyes and often shows up as a spokesperson (or should that be Spokes Elder?). I then met Clodagh, who has beautiful chestnut red hair. She it was that showed me a herb garden which then turned into a circle. I am quite into herbalism and plants generally, so this didn't surprise me. The fourth gave the name of Wiljamena and she gifted me a beautiful carved wooden acorn. Acorn carries the message of magic, meditation and celebrations! I was now coming to the end of this journey, or so I thought. Suddenly I was under the earth. It was dark and warm and not the least bit scary or uncomfortable. I could have stayed there, but no, a beautiful,

willowy woman with silvery hair and green eyes, pulled me up from out of the earth. She felt very regal and certainly looked it. Who did I meet? At first I thought of Danu, but was it? I still do not know for sure, for I haven't seen her since (so far), but also I can't help but wonder if she is Elen. I wonder if I'll meet the other Elders or I should say see them, for I feel them more than see?

Moving on a few weeks, and I'm having a chat with my friend Sonia (who I mentioned earlier). It's an odd thing that whenever we chat we can quite often both start tingling and we know to connect or that one has a message for the other. It is a magical relationship. On this particular occasion, Sonia's hands were throbbing, mine were tingling. She is seeing ravens and me in fellowship. She hears drumming and something to do with water. She tells me the land attached to my home is sacred land, time before time. Sonia says she sees herbs, potions and candles and asks me if there are any ley lines (still no idea on that score). The land has been waiting for the right soul to come. I'll explain now that there is a piece of land opposite my home, up a few stone steps that was very overgrown when we moved here (still is in parts). It has many elder trees and three very majestic chestnut trees too. The energy up there is certainly otherworldly and when I stand by one of the chestnuts, I get the most overpowering energy in my solar plexus. Not unpleasant, just strong. The words 'underneath the spreading chestnut tree' plays in my head too. Can't help wondering if there is something to discover! Or, is this the place where I place a physical Temple? Time will tell.

A couple of weeks later I was to have another connection with Sonia. This is the connection I mention in the first chapter where Sonia goes through a doorway and is floating around in the milky way. I confess, that at first it didn't mean much but, the following day, which is the dark moon I mentioned earlier, is when Arianrhod first came through to tell me and to offer assistance in releasing that which needs to go. I have a moonstone bear pendant which I was told I could use to assist connection. It was very quickly after this lunar work with Arianrhod that I came across Elen, through the little goddess book I bought, to learn a little more of Arianrhod. Elen really resonated with me and I kept reading and as mentioned earlier, Carrie my guide then came in, and some poems followed.

It was round about now that I was told to feel and sense with my feet as I walk, which I did. Very quickly it seems various things happened. I had a vision of a beautiful wolf in front of me as I walked through the wood, his energy felt like a cold draught about my head. He urged me to look. I gazed about, saw nothing but then I felt I needed to go down to wolf height, and it was there I was met with a pile of bird feathers. I was to take a feather and connect with it. I did. I had a strong sense that fox took it. Wolf I feel, is showing me how to read that which is around me, to connect with nature more intensely, to feel what is going on beneath my feet.

By now what was happening was feeling extraordinary indeed. I was so glad I'd been journaling. As I read back over my writings, the poems in particular, I could hear a drum beat, a shamanic drum beat. This was to remind me of my little played drum and I was getting nudges with regards to a penny whistle!! I used to play recorder as a kid, so I thought I may just give it a go. It was also a nudge to journey shamanically, which had appealed previously. Time it was to give that way a go and it is powerful indeed!

This next bit, I'm still making sense of. Suffice to say that Cerridwen appeared. Very recently, after starting to write this book, I had what could be termed a 'eureka' moment. I sense that Cerridwen is the Keeper of the Cauldron, and yes, she is known as that, but I feel it is the Gundestrup Cauldron, in it's etheric form and this makes sense to me. Cerridwen too, is teaching and guiding at this point in time not so much in Temple workings but in inspiration and growth amongst other things.

I feel I've read an awful lot and at times, it seems there's not enough information and so I rely on what comes through for me, both in visions and during journeys. I've seen wolf, polar bear, snow hare, reindeer, owl and raven, a little old gardening gent and a dwarf-like character. Arianrhod has appeared at times as has Cerridwen. I may have seen Elen in human form and I have seen her as reindeer, and I definitely sense her. I'll share later the painting of Elen I did, and a few others too.

All of this has and is leading to a deeper connection with nature. Green aventurine prayer beads have also come into play. I had a very strange dream which I'll not relay in full, suffice to say, I saw my beads curled up under a bush in a garden. This I felt was a nudge. Aventurine apparently can assist with connecting to nature devi!

My path has been a long convoluted one, starting out years ago with colour therapy and then crystal therapy. I felt it all to be in the past but in fact it becomes more relevant again as I move forward. Elen I sense has been nudging for some time and sometimes through others. I have a lovely picture of a golden antlered reindeer, which a friend gave to me (it's a Christmas card). I kept that card because I loved the image. It now has pride of place on my altar. She stands in an etheric doorway and there is stardust and a new moon in the image as well as an owl. That friend must've felt the nudge to send it me, little knowing how relevant it was to become. The same friend also gifted me a bracelet with a silver leaf on it.

I have had another lovely experience in one of those half and half moments. I'd had a really disturbed night and as I was in that liminal space of sleep and awake, I saw a beautiful reindeer. I gazed into its face and it bent and licked my third eye. I then saw

a board but couldn't fully read it. It was some kind of theme park with reindeer in it. I later saw what turned into bits of plastic and then into ravens. This really made me think of how animals and nature are being treated as well as our problem with plastics!

As I read through my journal I'm now at a piece about Cerridwen – her calling tune for me is The Cauldron Born. It's a lovely song by Damh the Bard (highly recommended and I'll add a link at the end). The song will come into my head when she is near or when it's time to travel. Often, she will have me look into her cauldron. The first time I did this she showed me apples and hazelnuts. She's shown me Brigid's Cross too and so many more things, all of which made sense.

I'm really very blessed to live in a beautiful rural spot with a lovely woodland on my doorstep. I love to walk through and up a steep hill to the top, where there is a beautiful old oak that I connect deeply with. So it was that one day I took my trip up there, and on the log bench was a sprig of pine. Pine is very linked with Elen. I was told to take it, it was a gift. Oddly, there are very few pines either in that woodland or roundabout. Make of that what you will. Elen too is connected to the Boreal Forest which was filled with pine trees (more on that later). I sat with the sprig of pine, but not before I'd written 'A Chant of Elen', which I'll share later on also. I chanted what I'd written to the beat of my drum. I then held the pine and so began another journey. I could smell the trees. My hands were tingling. I travelled through and down through a tree and I arrived at Cerridwen's cauldron. I'm told to put a piece of pine into the cauldron and I was to add strands of my hair to the cauldron too. She asked if I wished to release fears and doubts. Of course I did! There were animals around and a little fawn close by. A raven was on my shoulder and an owl sat in the distance. There was cool energy about me. I was transported back at this point. Once back I had the urge to drum using the pine as a beater. It felt very powerful energetically as I chanted and drummed.

Another I have met is Cailleach, who is often portrayed as a Dark Goddess. I can't say I find her fearsome, but rather, one to respect. She is full of wisdom. She too is linked with the reindeer and animals. She told me she wishes to support and that things won't always be easy but not to be afraid. I don't see her as often as others as I write, but that may be the time of year, for Cailleach is a goddess of the dark side of the year. She too, has appeared with a cauldron. Looking into cauldrons, fires and mirrors seems to be becoming a bit of a habit (in dream time and travelling that is). I've been shown grids, stars, trackways, snowy landscapes and reindeer running too. I've stepped through the star ways, the stars as stepping stones on my journey. I've travelled through trees and onwards on a leaf. Journeying certainly gives some amazing experiences, not to mention the wisdom and guidance that comes through.

Cailleach then, is a second teacher and one who will assist in maintaining the balance of dualities, i.e. my dark side and the light and how to work with the dark for good.

Sometimes messages come through when least expected. I'd done a past life reading for someone and I'd cleansed the deck and was about to put the cards in their box, when one jumped out. I mean really jumped onto the floor. What I picked up was the priest/priestess card. This I heard was a relevant past life (not the first time for this). When I say heard, I mean clairaudiently. I was guided to pull three more cards, and this too, validated previous information. The other cards were – travel, Celtic, Writer/Scribe.

I've been writing for some time, other books and also poetry, some of which is the Awen flowing through me, at other times other beings channel words through me and a further book is being written about nature. I paint too, not exactly a Michelangelo, but full of energy nonetheless.

So, lots of eureka moments gained through meditations, journeys and even doodling. Reading too has helped as reading sometimes allows a light bulb to come on, even if it seems unrelated at the time. In one particular book, a 6 sided cross is mentioned, and as I doodled I joined them together. I realised that the pattern of many joined crosses, made a web, just like the web of light. It was whilst drawing and just putting down what came to me in words, that my bardic name of Bronacha Silver Star came through too and also that I am a spirit keeper or Awenydd. I've had memories or flashes of things to do with sacred geometry and so, it goes on. I've since progressed to an eight pointed merkaba star and that will be gone into later on too.

At times it has felt a little overwhelming. Elen, Arianrhod, Brigid, Cailleach, Cerridwen, cauldrons, deer, ravens, stars and moonlit paths, poems, songs and on occasion even Rhiannon. I've worn a reindeer skin cloak and antlers, participated in a ceremony with the ancestors and seen ancient cave drawings. I've looked into cauldrons and into fires, into the eyes of the Goddesses. What blessings!

Being in nature helps to assimilate information and guidance and none more so than the beloved trees of the wood. A dear friend gifted me a beautiful set of Celtic Tree Oracle Cards for my birthday, with a message that I was to work with them, quickly! The first thing I did was to pull cards. Silver fir, and Hazel. Hazel relates to ley lines or old tracks so that really made me tingle. Both cards resonated greatly, as does the deck. I've worked with the energy of each card, one at a time and noted all that came through. This information will be part of another book which I started a while back, to do with connecting with nature. The book with the cards has been of use too. It was here, I found reference to Druids Eggs. I'd not heard of them I confess, so off to google I go to find out more. I realised that I actually have had a Druids Egg, an

onyx one, for a long time. It belonged to my late Mum. I wasn't particularly attached to it in any way, but when my Dad passed over I decided I would keep it. I am so glad I did. It helps one to detach, to empty one's mind of all the chatter. Tracing the lines either visually or with my fingers, gets me into a quietened state for journeying.



Even my birth name Elaine is a derivative of Elen/Helen. In Welsh, my name means fawn! More of that later, as other things resonated due to an Elen connection. I've been told to follow the path of the stars and I feel the glyph has something to do with this, as I write at this time as I'm told it will help to steer me and keep me steady! I keep the glyph close to my heart as I said earlier. The locket too, belonged to my Mum but I'd never worn it. I love the fact it has an engraved star on the front of it, and that it is silver.

With regards to the Green Temple, it is etheric but there is land for there to be a place, marked as a temple. I have seen green crystals being implanted in the ground. These I feel, may activate the etheric temple. I've made a green cloak too after a nudge to do so with the words from Arianrhod – "Weave the cloak, weave it well, and in the strands will be woven a spell – of wisdom, and knowledge of old" - weave well I was told. As I made the cloak (in crochet) it really felt like I was weaving rather than crocheting. Here is the cloak below -





I could go on and on with that which I experienced on journeys, in meditation and also that which comes to my psychic ears. Much magic, much wonder and at times confusion. What has been made clear, is that nature and the old ways are the way. They are my way. The ways of the old tracks and star ways, with the assistance of my guides and nature beings. I have a star at my brow and a star in my heart. That star is a merkaba and it is an eight pointed star – you too have these stars, for are we not crystalline beings?

Rhiannon told me on one occasion to remember that I too, am a Queen (so are you) and to ride the white horse (a euphemism for shamanic travelling I discovered).

I think by now you may be wanting to hear about who Elen, Arianrhod, Brigid and The Elders are (and Cerridwen, and Cailleach too). I've left a lot out, but I think you'll be getting the picture. I hope I have built a picture. There is so much more and perhaps one day, the whole lot will go into a book. Right now though, some things are for sharing, some things not quite right at this time to share.

So, we move forwards.....

### Chapter 3 – Who Are Elen, Brigid, Arianrhod & The Elders?

Perhaps you've already come across or at least heard of Arianrhod, but Elen is a little more elusive, but if you've come across her it is because you are meant to! I am of course, also going to tell about Brigid and just a little of Cerridwen and Cailleach, just because they have been with me during this journey of mine too, as teachers and guides. There's oodles of information 'out there' about the goddesses/divine feminine – read by all means, but take only what resonates with you. I believe we all connect, understand or resonate with them in our individual ways. Again I say that there is no right or wrong. Just honour your own gut feelings.

I will start with Elen of the Ways or, I rather feel she should be known as Elen of many names! There are links to Elen as Helen, Helena, Elenna, Elena to name a few, as well as Elaine. Here in the UK she seems to be most commonly known as Elen of the Ways and St Helen and, indeed there are many churches named after Helen, and amazingly the local church in the old village where I used to live, in Northamptonshire is the church of St Helen.

To me, Elen is a primordial mother, an earth mother. She can be traced back to Paleolithic times so is indeed, very, very ancient. She is most often depicted as a female form wearing reindeer antlers as a headdress, or occasionally as a female figure with a deer head, and as you might expect is usually dressed in green or in a costume of leaves.

So what of the various names and, which countries know or have known of Elen? Elen seems to crop up all over the place as the research and writing of Caroline Wise attests to. (A link to her book will be given at the end and it is well worth a read for there is too much to write in this small book and, I wouldn't want to just be telling you all about the author's travels, research and experiences). That said, she occurs in Greece, Turkey, Northern Europe, Siberia too and of course, in the UK also and it seems she is indeed inextricably linked to reindeer. To me, yes she is linked to reindeer, in fact all deer. She is a goddess of nature and is a protector of nature. Boy, she must have her work cut out in these times!

If you read of Elen of the Ways she is also linked with the story from the Mabinogi called The Dream of Emperor Maccsen. It is Elen that Maccsen dreams of and it is this Elen who had roads built in Wales, as her wedding gift from Maccsen, linking to three castles or caers, at those place names now known as Caernarfon (Carnarvon), Caerfyrddin (Carmarthen) and Caerleon. It is through this she seem to have attained the title of Elen of the Ways. However, to me and to others, Elen appears to be the

keeper of the tracks or ley lines of the earth and I'll add here that she is also sometimes linked to Olwen of the Tracks too (also featured in the Mabinogi). I personally feel she is even more ancient than that and definitely is linked with reindeer and their migratory travels and also as a divine animal honoured and revered in a number of cultures.

Elen is linked obviously to reindeer and deer in general but is often depicted as having a dog for company and of course she sports reindeer antlers. As a weaver I feel she is connected to the labyrinth. Elen is one to lead you back to the ways of the shaman and shamanic travelling as well as the ways of living alongside with nature and working with and for nature. Pine trees too are connected to her as I said earlier, which makes sense as the boreal forest would've been full of them!

Tracks, ley lines and pathways now lead me onto the one known as Arianrhod.

Arianrhod is a pretty well heard of Welsh goddess. Arian = silver and rhod = wheel. So we have Arianrhod of the silver wheel. It is she that is connected to the star ways, or star paths (the ley lines of the heavens) and with her wheel, weaves away at our paths, our life paths, through energy. This energy is the energy that flows through the web of light. The web of life. The energy of course is that of Source/God/Creator. She and Elen are the weavers of the threads of the web of life/light as is Brigid but I'll come to her in a minute.

Arianrhod then, appears in the Mabinogi also, just like Elen, but she comes across in her tale as being a vengeful mother, having been tricked by her brother, the master magician, Gwydion. She vows he'll not wed, or hold arms without her consent or her giving them to him. This is how Blodeuwedd comes into existence as Gwydion makes a wife for Lleu Llew Gyffes (her son) out of flowers. It's quite a tale to read as are all the stories within the Mabinogi (by the way, Mabinogi is correct and not Mabinogion – that came about through the translations of Lady Charlotte Guest).

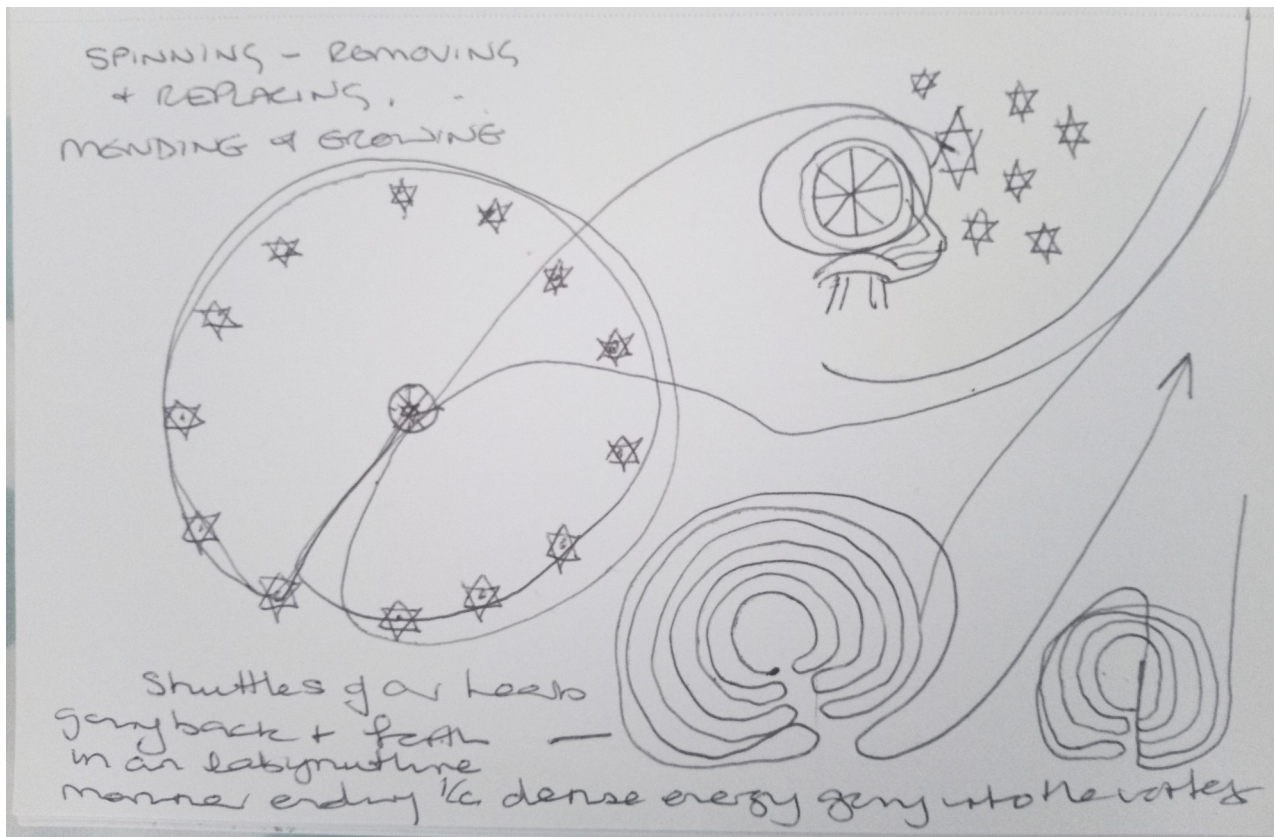
Interestingly, there is a small isle off the coast of North Wales called Caer Arianrhod or Aranrhod and she is also linked to the Corona Borealis and that takes me back to our Elen, for Europe, particularly Scandinavia is the place where the Aurora Borealis may be seen. I think I said earlier that I feel that Elen and Arianrhod may be either sisters, or Arianrhod a later 'facet' of Elen. However to me, they come across as separate beings but most definitely work together.

Arianrhod is a lovely energy to work with, and she be quite firm too. She has told me before, quite strictly and to the point, to stand in my power. That said her energy is supportive and nurturing, just not in a sugar coated way, she is direct and that's fine by me.

She is linked with stars of course, the revolving castle (Caer Sidi) of glass, owls, wolves and birch trees.

So onto the third weaver which is the Lady Brigid or goddess Brigid or in Christian terms, St Brigid. I'm sure you will have heard of the Cross of Brigid. Brigid is the weaver of opposites, just as one does if one weaves the Brigid Cross. The opposites are of course, duality. Light, dark, black white, good and bad, etc. I'm sure you can think of a few for yourself! Brigid weaves at the opposites, thereby assisting in maintaining balance of dualities and boy, it would seem Brigid has her work cut out these days.

I think of the weaving as weaving a fabric, for is not the web of light/life like a living fabric, well, it is a living fabric. Arianrhod and Elen weave the warp threads up and down, Brigid the weft threads side to side. Here is a little doodle I did quite spontaneously and it shows the Keeper, the Elders and Arianrhod spinning and weaving and it was at this point the labyrinth showed up.



Back to Brigid then after that slight detour. Brigid is another who has many names and most information about her comes from the Irish and Scottish traditions. There are various spellings of her name and she is thought to be a triple goddess all of the same name (imagine having three daughter called Brigid), and she is thought to be the daughter of the good god Dagda. Other names attributed to her are Brig, Brigidh, Bridhe, Bride, Brigantia amongst others.

I have to say I was surprised when Brigid came into my awareness for I suppose I was thinking I was very much more in touch with the Welsh side of things. Just goes to show! In Wales, Brigid is known as Ffraid, I discovered and yet she is not very much mentioned, other than to do with brewing beer!

Brigid is goddess of fire, the forge and inspiration. She is connected to healing, healers, poets, prophecy, agriculture and fertility. She is very commonly known as a prominent goddess at Imbolc. She has many things connected with her, besides her woven cross, such as snakes, oak trees, bees (apparently she has an orchard in the other world and so of course, there are bees), and she is also linked with swans. Brigid is also known to have a green mantle (cloak) and with this mantle she and her maidens spread it to cover an area for a monastery but as with a lot of 'religious' buildings, they are built on top of much older pagan sites, so was it monastery or another place of worship? Brigid certainly owns the green mantle and I feel it's reflected in my cloak, plus it's the green of nature. Besides being connected to fire,

Brigid is also connected to water and indeed, many wells are named after her which, given we are an island nation makes a whole lot of sense. Make your own minds up as to what resonates and what doesn't, but I wouldn't mind betting you'll set off on a bit of reading about all of these lovely goddess energies!

I'm going on now to one who many may be daunted about meeting or working with. One I mention isn't generally so associated with the cauldron but I've seen into one of three fires, and to me I feel links to cauldrons as cauldrons need a fire to heat them, but that is my feeling only and I have seen a cauldron present with her. When on one of my earlier times of journeying, she offered me the choice of three fires that were all lit and lined up in a row. I was asked whether I would choose, destruction, rebirth or growth. I said growth as I didn't feel, I said that the other two were my choices to make. So it was I looked into the fire on the right. I was shown a guide and one from the past who will assist on my journey and aid my remembering the past.

The goddess energy I speak of here is known as Cailleach or the Cailleach. Cailleach is known in Irish, Scottish, Manx legends and is likely known as Black Annis in England. She is portrayed as quite a dark one, but one has to remember that we need dark in order for there to be light, it is just how we choose to work with the dark so that it brings about the best for all. That which we hold in our darkness, if approached can be valid and valuable in our work. Cailleach is portrayed as a giant in many stories, and she usually wears dull clothes and wears an apron, which she is very fond of spilling rocks or stones out of! These formed our mountains and rocky features and she, is also linked to waterways too, as she can straddle rivers and the like, so big is she. Cailleach is often portrayed as quite a grim faced hag, with one eye, and her skin tinged blue, like a corpse! On the occasions I've seen her in journeys, she is ancient looking with two eyes, one light, one dark, which speaks to me of balance. The perfect balance of light and dark. Cailleach too, is very to the point and I do get a sense that you wouldn't want to mess her about. She is indeed a wise one though, and can assist one to face the dark, to look into it, to not be afraid and to work with it for good. She is thought to be connected to Brigid. As Brigid is a goddess of spring, so is Cailleach goddess of winter. Brigid the maiden and Cailleach the crone.

Again, there are so many stories of Cailleach, but all point to her link with mountains, rocks, stones and waterways too, but also reindeer for she is also known as a protector of these beautiful creatures and so here, she has a connection with Elen. The stories have it that she would guide hunters as to which one they may kill, and woe betide if they failed to heed her guidance. So, Cailleach is a no nonsense type!

Now I shall move onto the Cauldron and the one I will mention here is Cerridwen. Cerridwen appeared shortly after I had Elen come into my awareness. Cerridwen, as you may already know is a Welsh goddess.

Cerridwen then, is maiden, mother, crone figure, a triple as is Brigid a triple. In my experience she has appeared as mother and as crone. Cerridwen is famous in the tale of Taliesin. I'll cover the story briefly, and it is worth a read and then to pick at its threads for yourself.

Cerridwen is a 'witch' (I prefer wise woman personally), and she lived by Lake Tegid with her husband. They had two children, a daughter named Creirwy who was beautiful, and a son named Morfran (more vran) who was so ugly and is known too as Afagddu (Avag thee).

Cerridwen worries that her son will struggle to make his way in life, to be accepted by others because of his countenance and so sets to with her spell making. She has an old boy named Morda to keep the fire beneath the cauldron alight and employs a young boy called Gwion Bach to keep the cauldron stirred. Each day, Cerridwen goes out collecting various herbs and plants to put into the cauldron and her special brew and this is to be done for a year and a day, so quite a long winded spell really!

Well, Cerridwen gets to the end of this long time of herb collecting, and the brew is almost there. She is exhausted and goes to take a rest, leaving Gwion Bach to carry on his stirring. He too, poor chap must've been very tired I should think. He manages somehow to splash himself with three drops of scalding liquid from the cauldron and when he sticks his scalded hand into his mouth, it is at this point he is blessed with Awen or Inspiration. Well you would stick your hand in your mouth wouldn't you? Ouch!! The cauldron then breaks into pieces, for the rest of the brew has turned to poison.

Cerridwen awakes at this point and instantly realises what has happened. Gwion Bach has 'stolen' that which was intended for her son and boy is she furious!! Well, wouldn't you be? Mums and sons and all that. Gwion Bach knows of course that he is in big, big trouble and takes off. At this point a fair bit of shape shifting takes place.

Gwion Bach, becomes a hare, Cerridwen turns into a greyhound, Gwion Bach becomes a salmon leaping, Cerridwen then turns into a hawk, Gwion Bach turns himself into a grain of corn in a pile of corn, Cerridwen becomes a black hen, who pecks through the corn to find Gwion Bach and swallows him as that grain of corn. He gestates in Cerridwen's womb and is eventually reborn. He is a beautiful child

and she cannot bring herself to harm him, and so, she puts him into a bag and then into a river where he is cast adrift for quite some time and he ends up caught up in a weir where he is found by a character called Elffin, who releases him and at once sees that he has a 'shining brow' and so Gwion Bach, reborn, becomes Taliesin (he of the shining brow). Gwion as Taliesin has been endowed with wisdom and poetry amongst his gifts and the Book of Taliesin is another that's worth having a look at.

Awen is to put it simply spirit. Spirit of inspiration. I sense it as coming from source. The drops of Awen bestowed upon Gwion Bach, even by accident, makes me think of christenings. I say this for I was watching a church scene on TV one night and in one scene there was a beautiful ornate font in a church and it was so cauldron-like to look at. As you know, water is sprinkled upon the brow of those being christened, and it made me think this is just like Awen. Three drops of Awen – 3 = Trinity and I can't help wondering if priests/vicars drip three drops of holy water on the brow. I haven't been able to find out, so if you know the answer, please do enlighten me.



## Chapter 4 – Working With The Elders And The Green Temple

Working with the Elders and the Green Temple is to work with the silvery pathways. I see them as strands or threads of the web of light, held within the earth and in the star ways and all connected, of course, with upper world, middle world and lower world.

Elen of the Ways is the Keeper of the Earth's pathways and the crystalline network deep beneath the Earth, just as Arianrhod, is the Keeper of the Star Ways as she spins and weaves the threads of life, through the web of light but also through our individual temple which I was shown as a labyrinth, and within that four pillars, an equal armed cross. You'll see more easily when you get to the painting of the labyrinth. It comes to me that the equal armed cross is the true cross as it were. The Christian cross as we know it, where the cross bar goes across, is not central and to me speaks of removal from source, or a subliminal message that it is so. Note too, that Celtic Crosses are equal armed crosses. You'll see in the picture I share, that also an eight pointed cross can be formed from the centre of the labyrinth.

The Elders then, are our guardians, ancestors and guides. They are wise and ancient beings who are very au fait with the mysteries, and in some quarters, they may be known as Ascended Ones I feel. They guard and guide us as we do our work, that which we committed to, that which we agreed to before birth into this lifetime. You may find other archetypes, for want of another word, may come through for you. There is no right or wrong, your path is your own and this is where the labyrinth comes in.

Put the case that we have churches, temples, chapels etc, in our physical worlds as well as those of us who see nature as our temple. From birth we seek our way back to the One, the Divine, Source and this path may lead us here and there, hither and thither. Just as we think we've found the way, so it seems we go in a different direction, never mind about any poor choices we may make along the way. The One I sense is one, but is the perfect balance of divine masculine and divine feminine. Gods and Goddesses to me are facets of the One, the Divine and show to us as male or female, if that makes sense.

The truth of the matter is that the Temple is within us. Within is where we can reach out to the One, connect with the One. We can each reach that said destination. The labyrinth then, is a symbol of our path to the One, the Temple and also, back to our physical realm. The twists and turns I see as life lessons, different paths we may take, for we never walk a straight line, but eventually we arrive at our destination. I also

know through practice that we can work for the good from within this inner place, this labyrinth and also weave our prayers and wishes knowing that they will reach the One, and if they serve for the highest good, so will manifest with divine timing.

Now, should you feel guided, then you may like to try this way of energy work for the Earth and indeed, all that lives, for none, as has been mentioned before, are separate. Our paths may look to be, but in truth, we are all seeking to find our way through the spiritual labyrinth, whether we are aware of this or not.

You may be asking how I got the notion of the labyrinth. Well, I'll tell you. I kept seeing and thinking upon 'labyrinth' and then one day, as I was spinning and weaving (that is working with the web of light), I was shown energy kind of oscillating back and forth and it at once looked and felt labyrinthine in nature, but also like a shuttle moving to and fro which I believe is the weaving. I have to say, this felt a bit like a eureka moment. Ages ago, I'd followed an online tutorial to draw a labyrinth, it kind of pulled me I guess. I had to look it up again, for I'd forgotten how to draw one. As I once more drew a labyrinth, it hit me right between the brows!! The labyrinth seemed to reflect in some way, a maze or path of light, which leads to the One/Creator/Source. You saw my doodle earlier which I did after sensing this.

I noted that the initial start of the drawing was like a four armed cross. That took me to directions, elements and also Angels. Four Archangels (Michael, Uriel, Raphael and Gabriel) sit around the One, creating four pillars. Imagine my surprise when I looked up four pillars, as these and the Archangels are mentioned in Kabbalistic writings. The parts of the initial drawings look like little 'L's' (green bits on my painting). The four L's I saw as being 4 x 3 Elders, three at each corner and there is a keeper of the Temple. What I've drawn is my Temple, just as it can be your Temple for as I say, we all have one. So feel free to use the picture in order to visualise your labyrinth. I'll also give instructions to draw your own further on.

A while back, when I first learned of the temple, I saw four green crystals being put into the ground, to form a square, at least I think it to be square, and there was something in the middle that I couldn't see properly. That I now believe is the four pillars or certainly is relevant with regards to sacred numbers, and possibly geometry too. The centre bit, one could look at it as a kind of altar I guess. I'm not 100 % sure on this as I write, but no doubt I will find out at some point.

I call the labyrinth I'm writing about the Green Temple for it takes me there, for during a meditation I was told I'd left behind a Green Temple and that I was to

rebuild it on the land where I live. This Temple is to help others, to reconnect with themselves, with nature and with all things.

Elen as I've mentioned is a primordial Goddess of the Earth. Arianrhod is the Lady of Silver Wheel, or Wheel of Life, and Brigid the weaver of opposites, and others I work with are Cerridwen and also the Cailleach (or Cally Berry as I now call her). So the labyrinth picture connects me to my inner labyrinth but also connects me to that Temple I left behind and shall do so until I can place a Temple in a physical place.

This writing is about working with Divine Feminine which of course comes in many forms. To me, and you may feel differently, the One, the Divine, Creator, Source is a perfect balance of masculine and of feminine as I said. I believe that the Goddesses and Gods come to us from a point of perfect balance. You may find gods coming through to you, but for me it is the feminine side, for Divine Feminine, I think you may agree, is much needed right now. You may find other energies of Divine Feminine nudge you to work with them. Whatever you feel, honour it. There is of course, place for masculine, but if you look at the world around us, does it not need the nurturing and wisdom of the feminine?

So, we all have a labyrinth and we are the Keepers. We may work within what seems to be the Temple of another, for it is the case that some will work together, and it is right it is so. Some will be drawn to Temples of other gods or goddesses or through them be led to their own particular one that perhaps they left behind or you may be guided to reconnect with your own inner temple.

Picture now, the vast web of light that runs through and around all things, be it humans, animals, plants, rock or stones. That web too runs through and around our own Temple or labyrinth as well as through our physical bodies and etheric bodies. It is supported and fed by universal/source energy as all things are. Just because you can't necessarily see, doesn't mean it isn't there. Some are able to see the energy, I sense more than see, but have seen it in the past.

I painted a good size canvas to work with and this depicts the web of light (the lines in the background) and a labyrinth within it. It is a depiction of the etheric Green Temple. For now, I work with this canvas as I spin and weave, but one day I shall make a large outdoor labyrinth as well as a Temple I hope. (I seriously need some muscle for some ground clearing first). I sense where to put it and it is guarded by several Elder trees, so they may well dictate the labyrinth's final size, for now they stay put as do any fanciful ideas of mine, for I'm sure I shall be guided!

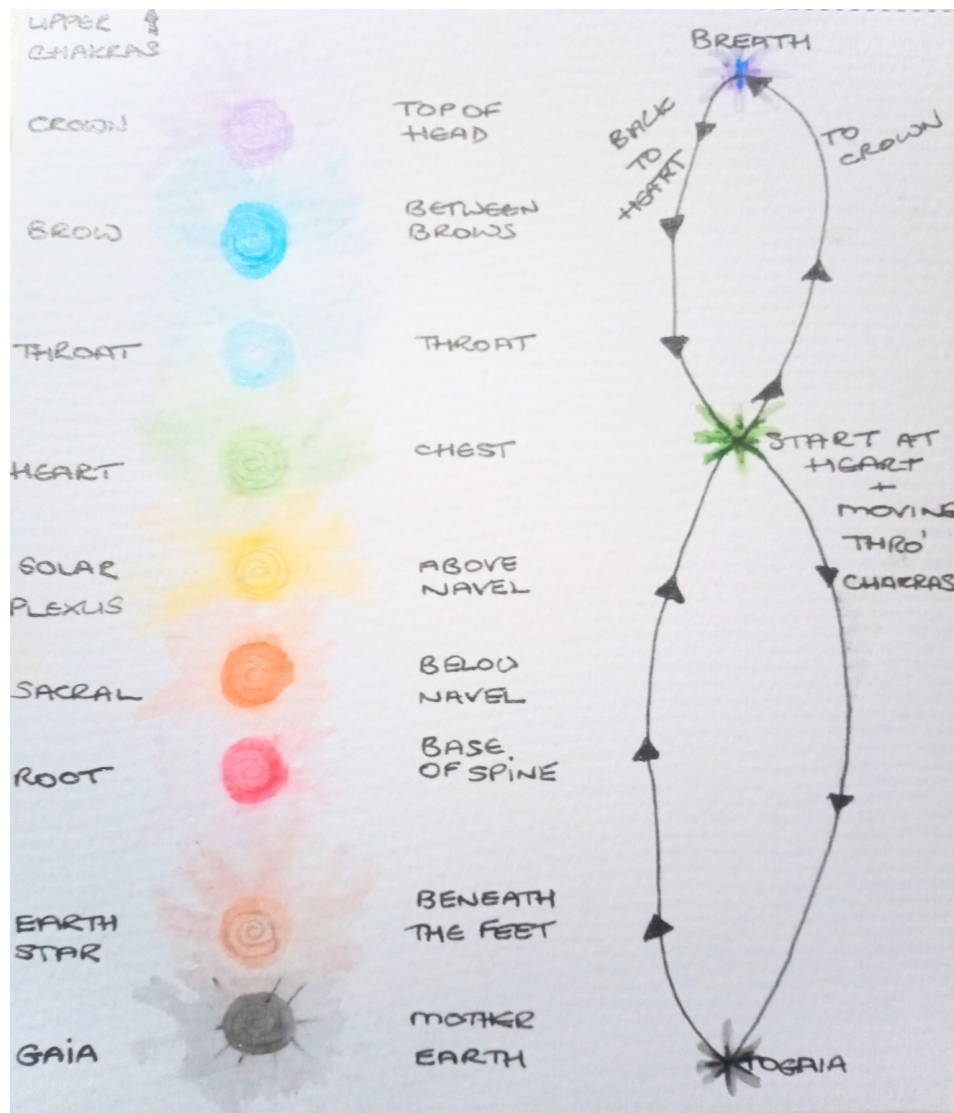
## Ritual for Spinning and Weaving within the Labyrinth and the Web of Light

Please note that what I write is for guidance only, this is the way I work, you may intuitively wish to work differently, honour your own thoughts and feelings. I share in order to inspire!

Breathing – See the chakra diagram below.

Breathing then. Be still, quiet your mind and set the intention that you'll connect with each of the chakras as you breathe the figure of eight shown in the diagram. Don't worry if mental chatter occurs, just acknowledge and let it drift away. Not only I feel, does this exercise connect you with your chakras more deeply but breathing in itself is meditative and prepares one for the energy work to come. Ensure you are comfortable too, I should add, be it sitting in a chair or lying down on the bed, whichever is the best for you. You may even find it beneficial to voice record the written words and use them as a guided meditation.

Before I start, I must mention that the chakras are located through the centre of the body and not at the front of it, although this can be easier to imagine. Remember too, that the chakras are like spinning wheels. I see them spiralling up and down and connecting with each other, the colour of one runs into the next. For instance, black is contained in brown, brown in red, red and yellow in orange and so forth. See diagram here showing the breathing exercise and also the chakras. It helps to envisage each chakra as a flower I find, think of flowers you love for the particular colour of each chakra.



When you are calmed, settled and ready to begin with the breathing, tune into your beautiful heart. Feel the love and warmth within, feel it expanding. Your heart along with your crown connects you to Source/God/Creator and some say the brow chakra too.

Take a nice deep breath in and as you exhale, sense the energy going all the way down through the lower chakras, the lower spinal centre of your body, through your feet and your roots going down and down into the core of the earth. See the layers, sense the colours and the energy as you go down. You may even see or imagine the colour that lies right at the very core of the crystalline earth. Now as you breath in, come up to the place under your feet, see the rich brown of the earth star there, the colour of the soil. It is pulsing away, throbbing with life. Breath into it, see it spinning, see your roots firmly fixed within the earth, keeping you steady, just as the roots of a tree keep the upper tree steady. Bring your breath up from the core and upwards now.

As you continue to breath, move up the your brilliant red chakra at the base of the spine. Feel the life force there. See it spinning merrily, as a bright red flower pulsing with energy, breathe more light into it, and see it unfurl and grow ever brighter.

Up now, to the sacral chakra, below the navel, a beautiful glowing orange wheel or flower, feel its warmth, its zest, its strength as it spins. Breath light into it and see it unfurl even more and become ever brighter.

Onto to your solar plexus, just above the navel. Beautiful golden yellow, giver of joy and confidence. See it spin, see it unfurl as you breath into it. It grows brighter as you breathe into it, it is as bright as the golden sun in the sky.

Now move up to your heart chakra of brilliant emerald green, the colour of balance and harmony and the place of unconditional love. Once again feel the love and warmth you feel there. See this chakra as a green 8 pointed star, or merkaba, spinning away, and breath into it and see it expand and light up even further and then allow it to expand further still. Let this energy in the chakra expand as far as it will go. Really allow your heart centre to open now.

Move on up to your throat and the spinning of beautiful blue, a blue flower, cool but powerful. Let it open up more to allow you to express more fully, your truth, your voice, in a loving way. Breathe into it, see it light up, truly illuminated is this vibrant blue you see.

Now go up to your 3<sup>rd</sup> eye between your brows. See this lemniscate chakra, it looks like it has two little wings. It is the colour of the deep, midnight sky. You do not need to do anything here. Just look and enjoy its energy. Don't try to force anything here. Just be briefly here.

When you are ready move up to your crown, and violet white light. A giant lotus flower, glowing and sparkling away. There are so many petals! Again, no need to do anything other than enjoy seeing it open more fully and knowing that this is gateway to God/Creator/Source and universal wisdom. This connection is your birthright and you are not separate.

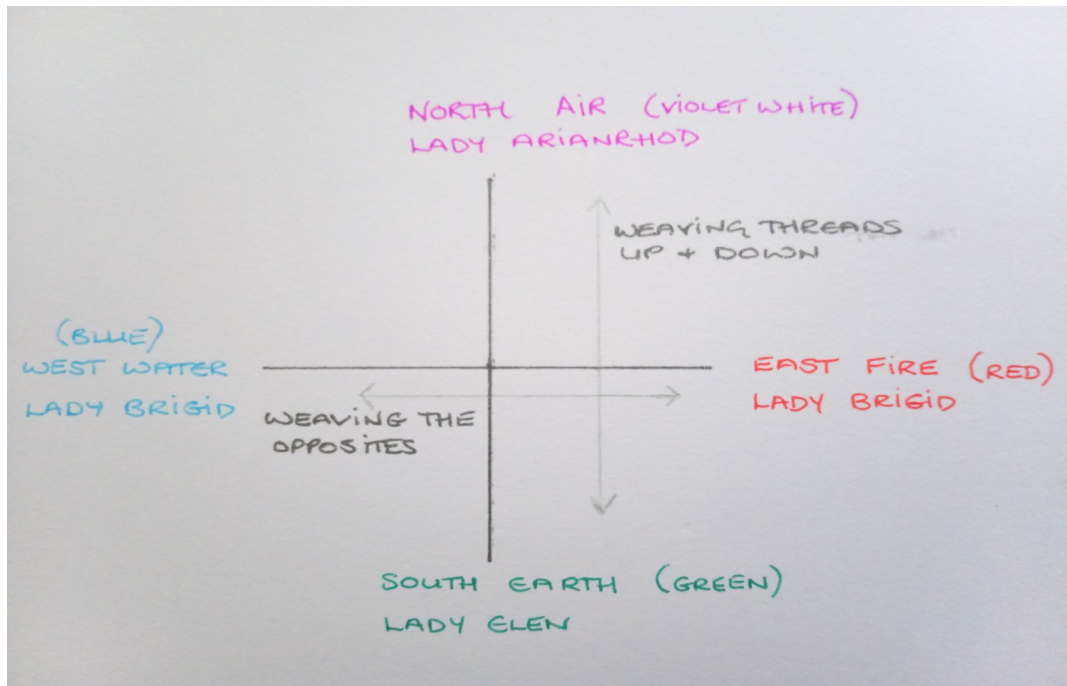
Now as you breath in travel down from crown to heart, through the chakras. Take the breath down from the crown. Breathe. Now on the next in breath, travel down through the each of the lower chakras and then breathe in through the chakra and back up to the heart. Breathe in and up to the crown. As you breath this up and down

cycle, imagine it working in a figure of eight – the crossover being at your heart. Repeat this figure of eight breathing for as long as you feel is right for you. I usually aim for three cycles. Don't worry if you aren't visual, or even particularly imaginative, connection will occur regardless, through your intention to do so.

Now it is time begin your work and to start by casting your circle and to bring in the elements, and also the directions, connecting too, with them as you do so, and also invite in Arianrhod, Brigid, Elen and the Elders. You may see the circle as a protection space and you may also like to call upon whichever deity/angel etc, resonates with you to protect you and assist you in your work. You may choose to mark your circle with a crystal point or a wand or just your finger will do, it is intention that counts and what feels right for you. I work with a clear crystal point to cast my circle and with a willow wand for the spinning and weaving part (willow of course, is traditional for woven materials and plus it was the one I was guided to use). I feel that tools act as conduits for intention and energy.

The formation I work in a clock wise fashion to open and the opposite to close it, but work in the way feels right for you. You might wish to move round the circle whilst pointing a crystal or a wand, to mark the actual circle, or you could draw a circle upon the floor. Marking the circle as moving through the directions at the same time works for me. You may like to wear your cloak if you choose to have one.

Below are the directions etc, in diagram form and which can be used as a reference if you're not particularly au fait with these.



You may notice some directions/elements go away from the norm, this is because it feels right for me and works with the concept of weaving too.

Facing the East – Here we call upon the element of Fire and the Lady Brigid. “I call to the East and the element of Fire the time of Spring. Fire of life, Fire of Warmth, warming blood, warming our homes, bringing life to all and also destruction in order for rebirth to occur. Fire of my heart, pulsing through each day. Fire, I honour you and I invite you to this circle. I call to the Lady Brigid and I invite you into this circle. Hail and welcome.”

Facing South – The element of Earth and Lady Elen. “I call to the South and the element of Earth. Earth our Mother, our teacher, our healer, our sustenance. Earth, Mother of all, nurturing all. Assisting us to growth, to be rooted and grounded, holding us all tight – human, animals, birds, trees, plants, rocks, stones. Earth, ever patient Mother. Earth, I honour you and I invite you to this circle. I call to the Lady Elen and I invite you into this circle. Hail and welcome”.

Facing West – The element of Water and Lady Brigid. “I call to the West and the element of Water. Water of life. Our drink, of our blood and of our emotions and tears. Water of the rivers, lakes and seas and all waterways. Cleansing, refreshing water, washing all clean. Water of our bodies, water our drink. Water teaching us to flow. Water, I honour you and I invite you into this circle. I call to the Lady Brigid and I invite you into this circle. Hail and welcome.”



Facing North – The element of Air and Lady Arianrhod. “I call to the North and the element of Air. Air of wind, air of breath. Giving us breath to live, breath of our voices. Refreshing, cleansing and bringing new energy in as the old is released. Air, I honour you and I invite you to this circle. I call to the Lady Arianrhod, and I invite you into this circle. Hail and welcome.”

You now need to finish the circle by finishing at the East but before you do so, you need to call to the Elders. “ I call now to the Elders of the Green Temple, I invite you into this circle. Hail and welcome”.

Your circle then, is now open, you have connected with the elements, which are a part of all life. You have invited in the Ladies Arianrhod, Elen and Brigid and the Elders. When you are ready you may like call to the Elders of the Green Temple to ask them to assist with the spinning and the weaving of light as it is spun and if you choose to, you may ask them to place around you the Green Cloak unless you are wearing your physical one. Then....

Call out to, to the Lady Arianrhod of the Silver Wheel, Keeper of the Web of Life, to please assist with the spinning and weaving of the threads which feed the web, asking that Love, Truth and Peace be woven (add any personal prayers too, for these will be left along with all other intentions with the One, the Divine, Creator, Source), call to Lady Elen to tend to the threads of the web upon and within the Earth and to Lady Brigid, to weave the opposites, (these are the warp and weft threads of the fabric or web of light/life), to bring balance and harmony and that also, any energy not serving the good of all, be removed and taken up into the vortex for transmutation and this to include anything placed purposely on or within or along the pathways, in order to redirect energy for ill, that it be removed and any such structure come to be dismantled. May energy that is removed be replaced with the pure light of truth, love and peace. May the light within the threads become brighter and stronger and may love, peace, harmony, balance and healing, reach all through the web, in order to serve all and for the highest good, so might it be.

Note: The spinning and weaving brings light and heartfelt intentions through the web, and also any prayers. These intentions I believe, yes, are woven and the threads, your thread and everything else’s, lead to the centre of the labyrinth. What is spun and woven will come about with Divine timing and the way that is best for all. This is the crux of the work and once you have called in this is what ensues.

Once you have called in, you may sense Arianrhod, Brigid and Elen behind you. You are acting as Temple Keeper and are the 13<sup>th</sup> Elder. You may also sense the presence

of the Elders. They will encircle you. Now it is time to work with the labyrinth (use the image to work with unless you've drawn your own – instructions are further on).

Trace the labyrinth to the centre and be aware that as you do so, you are spinning and taking these threads to the Elders, which will be passed forward to the four pillars/Archangels and onward. (When tracing inwards (spinning) I use a wand in my sending hand). Pause at the centre point where the One sits. Just be in this place for a few seconds or minutes, whatever feels right for you. When you are ready, return the opposite way to the beginning and hold the intention and know that that which isn't serving is being gathered up for removal and will be taken up as one thread by the Lady Arianrhod. (Here, I use my receiving hand, taking up the energy and my sending hand is held upwards to direct the energy up and out).

Then trace the labyrinth back inwards again (with the sending hand whilst the receiving hand is held aloft), and now hold the intention, see, sense that you are weaving the threads of your intentions as you progress as are the Elders weaving at the centre and the Ladies too are weaving with you. Again, pause and spend a short time at the centre point, where all meets One. Then return once again to the outer. As you go back, hold the intention and see that as you leave the labyrinth, so it is sealed (I do this with my receiving hand as I take my energy back inwards).

Thank Ladies Arianrhod, Brigid and Elen and of course, the Elders for being present and for their kind and loving assistance. You may also thank yourself for doing this work.

You may feel energy as you work and this may remain for a while afterwards, for as you give, so you receive. Doing this work or exercise is effortless and doesn't drain, your own inner cup or cauldron is constantly refilled. Allow yourself to receive.

Now you need to close your circle, giving thanks and also bidding farewell to all you invited into your circle as you do so. This is done in reverse. i.e. anti-clockwise/in reverse order. Once the circle is complete i.e. you've gone full circle it is done. Simple words of thanks are given at each quarter, it need not be lengthy and just say I thank whichever, goodbye, farewell.

You may wish now to just be still, to reflect, to note or journal anything that comes to you, for as you walk through the labyrinth, so you may receive nudges or insights. Drink some water, eat a small something and ground your energy too. To ground,

you may wish to work with the central axis i.e. straight up and down, but finishing at Mother Earth and then coming back to your heart.

Below is the painting of the labyrinth. Note the web, and the centre of the labyrinth.







Here is the painting, which you can work with if you blow it up or follow the instructions to draw your own. If you would like the below image separately, you can contact me and I'll be happy to send you it.

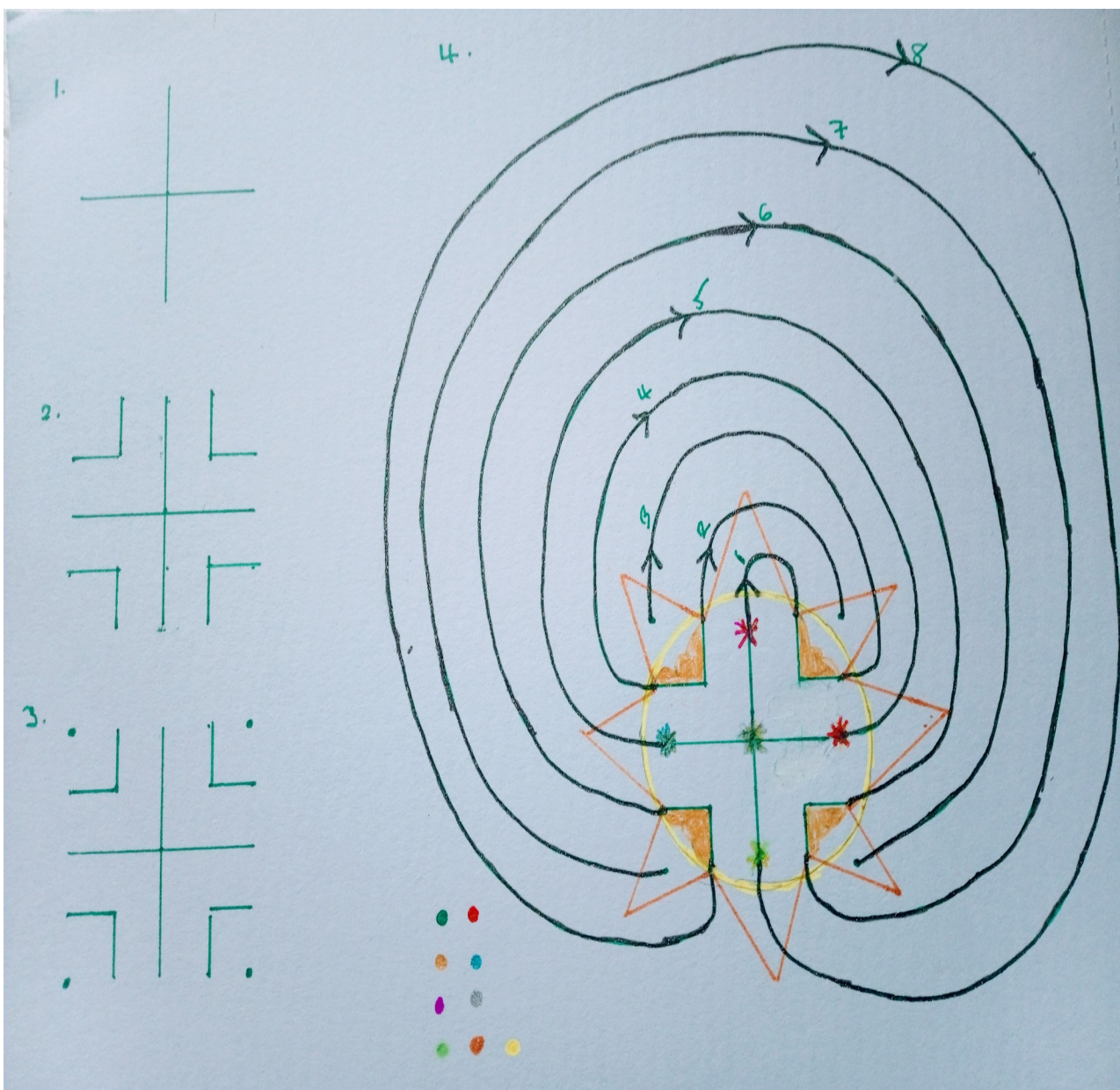
I add here too a photo of my seven circuit labyrinth pendant, just to show you how a more fluid version looks. Life is fluid and so fluid is better, I chose the more angular to aid tracing if using a smaller diagram.



I'll add here too, what the number relates to – the right path, the colours of the rainbow, 7 levels/chambers or doorways of planes of existence. The labyrinth corresponds to the soul's journey, past lives and of course the current path.

## Chapter 5 – How To Draw Your Own Labyrinth

This is really easy to do believe it or not. I've done the central 'cross' and the 'L' bits in another colour to make it even easier. The painting is quite angular and I did this on purpose to make the labyrinth easier to follow. You may wish to make yours a bit more fluid like the one on my pendant. Anyway, give it a go, or if not, then blow up the photo and use that. Creating one of your own is a lovely thing to do. Be as creative as you wish. You'll notice that the labyrinth actually resembles our brain too and the exercise of tracing in and out is thought to balance the left and right hemispheres of the brain. Without more ado, here is diagram....



Play around with it, get a feel for it. Enjoy the energy of the labyrinth.



## Chapter 6 – What May Yet Be To Come.

Well, to be honest, I don't know 100% what is to come, but what I do know is that I'll be guided and be guided to share.

First steps right now, as I write, are to make a small labyrinth in the garden. I have in mind also to make a new flower or herb bed in a spiral, for spirals feature in all of this too (think chakras). More ground clearing!! My dear husband will be thrilled at the prospect :/

Once some more ground is cleared in stepped garden, I may locate where the Temple will be. It will be a natural Temple but I intend to make it sheltered so it can be used when it rains, as it frequently does in Wales :) I keep wondering if I'll actually embed some crystals in the ground up there – that I feel is quite a possibility.

A larger herb garden is planned too, and the Lady Cerridwen tells me to sow in spirals. I can see in my mind's eye that this would indeed be very eye catching!

I have mentioned nature and do so again, for aside from this book is one about nature. It covers the wheel of the year, trees, the tree ogham, wild flowers, herbs and more. It may take a while to complete yet but it is well and truly underway. I actually set it aside to write this book. In fact, I probably should have put this further up the list. Oh, the ever growing list!!

I've no doubt there'll be more paintings, more writing and more poetry. I will I am sure lead shamanic meditations, but not just yet, as I am fairly new to this (in this life time anyway).

The one thing I really desire to come about is to share this part of my journey with as many people as possible. This being for the sharing, for companionship of others of like mind or vibration, and, I hope, to make the world a better place for all.

Nature will also be the biggest thing, other than completing the book which I aim to actually have published. Nature is my life and my life is nature. I'm currently a Tree Sister, and if you're reading this and been to the website you'll know I am a fundraiser and I am also a regular donor, growing my own forest. How wonderful if we could grow something like this, in our own unique way, perhaps a new little band of tree lovers.

Music is another thing dear to my heart and so I hope one day to be an absolute whizz on my penny whistle and Native American flute! If anyone out there is musically talented, perhaps they may help!

Quite honestly, I have enough on the go already, besides what I'm personally working on, I am learning more about sacred geometry which really fascinates me, especially how it turns up in nature. Uh oh, I feel more writing coming on....

There is now a Facebook Group (private) and a Facebook page and I also have a space on a social platform I've come across, called Tribe, which I feel may suit better, as it is a private social platform. Links further on.

Well, I think that may be enough for now. My brain is racing so I shall sit back, take a few deep breaths and let the guidance come through when the time is right.

## Chapter 7 – Will You Wear The Green Cloak?

Okay, so you have read thus far. How is it making you feel? Do you sense the Ladies or the Elders calling you?

As I said earlier, you may find that in reading and/or practising what you've read may bring forth other deities or beings that may wish to guide and work with you. I myself started off with the Net of Light, working with the Grandmothers, so you never know where you'll be guided to or to whom. Those Grandmothers most definitely guided me to the Elders and to the Green Temple.

If you should feel called to do this work and wish to wear the green cloak, that is absolutely marvellous. You may wish to work alone or be part of group, be that your own or the one that I set up. In a group setting of course, it is one person who takes the part of the 13<sup>th</sup> Elder and leads proceedings and this could be and should be taken in turn if only in order that all have opportunity to lead things, in their own style, as every one has something unique to offer.

With regards to words or any part of the ritual, you may wish to adapt it, leave bits in or take bits out. That too is fine, your path is yours but I hope our paths entwine. Just go with the flow of it.

Making a cloak is really easy. I chose a crochet style as I love to crochet but perhaps you are a seamstress or you could buy a cloak and adorn it in whichever way you feel or in that you are guided to. I will be putting together a ceremony or ritual for accepting the Green Cloak in due course, so this book will be then updated accordingly.

Just as Lady Brigid spread her green mantle, so I wish that the Green Cloak will spread far and wide. Energy work is heart work and is needed very much too, but of course, I mentioned earlier, nature. Man has become so separated from nature, and each other it appears at times. We need nature. When people are on the mad hamster wheel of work and buying what are they doing? True we need to pay bills. The consumerism though is way out of kilter. I recall buying myself 'treats' when I was miserably trapped in an office job, it gave me a short lived buzz. What I was truly seeking though was my spiritual side, to really connect to that. So I did, but not until a life changing incident with regards to my health. Health scares kind of have that affect!

What I'm getting to is that the Green Temple is about nature as well as working with the web of light. It is my aim, and I hope it'll be the aim of those who will join me on my journey (and theirs) to help others reconnect through being in nature, connecting to the trees, plants, animals, the elements – of working with them and them with us, for there is truly no separation. We are the same energy, no matter how we look physically.

That said, that's me done – for now, for I feel sure I'll be revising this little book from time to time as it all evolves. I hope eventually that this little book and others will be published (I'm still trying to get my brain round that), so for now it's pdf or Flip Book.

I hope you'll join me as a fellow Elder of the Green Temple and wear the cloak of green. Be sure I'll bid you hail and welcome!!

## Chapter 8 – Further Poetry and the Paintings

I feel I need to start here with the Chant of Elen. I can chant it, but I think it would be lovely to write the tune down, somehow!

### A CHANT OF ELEN

Feel me in your heart,  
Feel me in your heart,  
Feel me in your heart.  
Feel me in your blood,  
Feel me in your blood,  
Feel me in your blood.  
Feel me in your bones,  
Feel me in your bones,  
Feel me in your bones.  
Feel the Trods beneath your feet,  
Feel the Trods beneath your feet,  
Feel the Trods beneath your feet.  
The Ways are open, come walk with me  
Through the woodland, the forest, the trees.  
Feel through your feet,  
Feel through your heart,  
For the Ways are a part  
Of the journey to wisdom, to a way of being,  
And of living and seeing.  
Feel me through the Earth,  
Feel me through the Earth,  
Feel me through the Earth.

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### THE TRACKS & THE STAR WAYS

Keep to the tracks, keep to the ways.  
Follow the wisdom of the ancient days.  
Ride the white horse, follow the drum,  
Beating with your heart, thrum, thrum, thrum.

You are guided by one so fair.  
Fair of face and fair of hair.

Follow the Star Ways, follow the Moon.  
You'll find your place there very soon.

Don the antlered headdress and the cloak of green.  
Chant your voice, sing that song, don't worry if you're seen.  
The Green Temple is ready, the Elders are there  
With love, guidance and much wisdom to share.

Temple of Green, Temple of the Wood,  
A place of magic, healing and so much that is good.  
Strew the floor with herbs and flowers of every hue.  
Make an altar, leave offerings, do.

Connect with the trees, the flowers, the animals around.  
Listen to them, sense them, even without a sound.  
Water too, is a part of this place.  
Water blesses this sacred space.

Light a candle, lay down crystal stones.  
Give thanks to the Earth that is in your bones.  
Call in the Elements, join together as one.  
The circle is gathered, sacred work is begun.

The Green Temple of Elen is ancient and old,  
And one day a story shall be told  
Of those who came, who wove with the Light  
To bring balance, peace and harmony into man's sight.

It is time now to piece things together,  
So this work can be done whatever the weather.  
Put it together, write it in a book,  
For those who are called to take a look.

A Green Temple Tribe shall arise soon,  
To work with Earth, Air, Water, Sun and the Moon.  
Rise up, rise up, it is time to go  
And, this ancient wisdom all to show.

## FEEL

Feel the Earth beneath your feet,  
Feel the Earth beneath your feet,  
Feel the Earth beneath your feet,  
As the Sun blesses your head,  
As the Sun blesses your head,  
See and feel, see and feel the Thread  
Between the Worlds and running through you.  
Running through all living beings too.  
Feel the Air in your lungs,  
Running through your hair.  
Water in your blood and your emotions there.  
Fire in the heart feel it there.  
Life force pulsating, zest for life laid bare.  
Feel the Earth beneath your feet,  
At the water's edge,  
And to the sky up above and then make your pledge.  
Feel the Earth beneath your feet.  
Work with and for her, feel her beat.  
Love Mother Earth as she loves you.  
Give and take is the way in all that you do.

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## WISDOM OF ELEN

Feel the Earth beneath your feet,  
Feel the Mother's heart beat.  
Feel the energy of the ground.  
Feel Mother's energy all around.  
Energy of Earth, the Sea and the Sky.  
It's pure, it is wild, it tells no lie.  
Follow the Trods of the Ancestors of the Ways.  
Hear their wisdom, what they say.  
Elen's Pathways are open to you.  
Allow her guidance to come through.  
Ellen, Elen, Elena, Elain, whichever name you use,  
Let not doubt or uncertainty as to which, confuse.  
Feel the Trods beneath your feet.  
The Pathways, the Starways, the old ways so sweet.  
Sometimes rough ground when there's need for healing,  
But stick with it, home into what you're feeling.

Do not be afraid to tread your path through the wood.  
It's the Green way, the ancient way, coming to you, through you, in bud.  
Allow it to flourish, to blossom, without and within.  
Open your mind, your heart, let it in.  
Elen is calling from a distant pathway,  
Follow the Trods, start today!

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## A JOURNEY INTO THE PAST

Climb the magical mound, up through the World,  
And as if in a puff, a forest unfurled.  
A cauldron, Cerridwen, a deer,  
Greet me in this place and I hear

To look in the cauldron and to have no fear.  
Cerridwen and Elen both are near.  
I follow the deer into the trees,  
The smell of woodsmoke upon the breeze.

A fire, women dancing, to and fro,  
Inwards, outwards and round we go.  
Clad in deerskin and antlers are we,  
Dancing openly, freely, for any to see.

Beating now, antlers with sticks of pine.  
Walking now in a line to the shrine.  
A deep cave and a fire within,  
Drawings on the walls, make my head spin.

A shelf at the back and a mother reindeer.  
Offerings of pine twigs and cones, I'm seeing clear.  
|Offerings made, we gather round the flame.  
A shared feast now, with the Ancestors, who are so glad I came

To join in their ritual and that ritual too, can be mine.  
As I sit now I ponder, on Elen of the Ways and get a distinct scent of pine.  
She calls. I'm listening to what she has to say,  
And, it is to walk in the Trods each and every day.

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## A CALL

I call to you Elen of the Ways,  
It is time to be the change in each and all the days.  
I ask for guidance and a guide as I walk  
That I may follow and with talk.  
For I shall not get lost in the woods I know.  
The woodland paths, the roads of the lanes,  
Are open still to the reindeer trods.  
I follow them, release my pains.  
Elen of the Ways, St Helen if you will  
Connect with me and help my life to fill  
With ancient wisdom of the ways of old,  
To travel the boreal way from North to South.  
May I hear the words of wisdom straight from your mouth.  
The old ways are dormant but not gone,  
And as I travel the trods, I'll be not alone.

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## TRAVELLING

I am Arianrhod, the Lady of the Wheel.  
It is not hard to sense me, just feel  
The ether that is space, the stars all around  
It is here Caer Sidi can be found.  
Many ways to travel by tree, sea or star.  
Know you'll be guided, near and far.  
Raven, Owl, Bear and Wolf are your friends  
To travel with you as guides to the ends  
Of the Earth and way beyond.  
Do not fear them, they know you, of you they are fond.  
Travel easy, travel fast in silver car,  
It can take you oh so far.  
Travel with the flowers and the spirits of the trees.  
Travel on the winds, soar with the breeze.  
I am here, I shall guide, for you it is time  
To travel the Other World even in rhyme.  
For words can transport you as music can.  
Travel forth now and meet your clan.  
The clan that are the Elders of the Temple of Green.  
Upper World is where they may be seen.  
Don the cloak of the green of the trees

And be transported on the next breeze.  
Let the leaves be your carriage, green and fair.  
They'll lift you and soon you'll be there.  
Owl will guide with wisdom and watch your back.  
No shenanigans, non of that tack.  
It is safe, travel, to meet with me.  
For with me it is safe to be.  
Wisdom and guidance are yours for the taking.  
Do you see the point I am making?  
Hold back no longer, surrender, just be.  
Go with the flow, like the tide of the sea.  
You are an ancient one who stepped up to the mark.  
Go now, my pretty, soar like a lark.

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## CONNECT & SHARE

Keep to the path, listen to the trees,  
And flowers nodding in the breeze.  
Sense the Earth, the layers of stone,  
For Earth's elements are your blood, skin and bone.  
Time it is then to deepen connection  
With nature, and with ever more affection.  
Call to the Devi, the Spirits of the wood.  
Ask for assistance in doing good.  
No need for fancy words, ritual or spell,  
Just speak with your heart, their secrets they will tell.  
Bring little offerings for those who assist,  
It needn't be much, just a little twist  
Of something to thank and reciprocate.  
It doesn't matter when, it's never too late.  
Just relax, be you, with open heart  
And know, truly know, that you're a part  
Of the woodland, trees, flowers, Earth and all living things.  
Try it out, give yourself wings  
To fly, to soar through the sky,  
Swooping, gliding, soaring high.  
Show gratitude, remember how it all fits together.  
Get out there, connect and enjoy, whatever the weather.  
You see you need no training, no specific skill,  
Just a desire to connect, to learn, do it with free will.

Nature awaits, all beings do too.  
What are you waiting for, they're calling you!  
White One of the Ways you are.  
Hear Elen calling from afar.  
Hear Arianrhod calling from the castle up high.  
Need more help? Cerridwen will call by.  
We are here, guiding and supporting you,  
Not just us, many others too.  
Trust, believe in that ancient wisdom you hold,  
Time now to work, stories to be told.  
Books, poetry, paintings and more.  
This is the way to share what you hold at your core.  
No courses, no lessons needed, just allow recall.  
Then step up, step forward, stand proud, strong and tall.

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#### A MESSAGE IN THE NIGHT

Arianrhod, stars of light.  
Stars of day and stars of night.  
Pathways of the midnight sky,  
Earth pathways, low and high.

See them shimmer, see them shine.  
Spread light through the web, peace be thine.  
Elders. Cloaks of green,  
Can be felt and sometimes seen.

The Keeper of the Temple is at the start  
Of the labyrinthine energy of which you're a part.  
Stars of the heart, pure and clear,  
Fill the web with love, light and truth in the name of the deer.

The Deer Goddess Elen walks with you too,  
And guides you through the trods as to what to do.  
Listen to the silence, sense her near,  
Elen and Arianrhod will make things clear.

Time it is to work with the web of light,  
Be it day or be it night.

Spinning and weaving the shimmering pathways.  
Bringing about brighter days.

Days of harmony, truth and love,  
Through that which you did commit to, and wove.  
Light, bright, pathways clear  
For you, for all, for you are held dear.

No separation, no us, them or those.  
Unity, harmony is the ways it goes  
Into the future, all as one.  
For there is no separation when said and done.

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The following pages contain my paintings of the goddesses or Ladies as I call them –  
Elen, Brigid, Arianrhod and Cerridwen – I will do one of Cailleach no doubt one day.





ELEN OF THE WAYS

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ARIANRHOD OF THE SILVER WHEEL

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Next up is Brigid.....



BRIGID

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Last of all, here is Cerridwen.







CERRIDWEN

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As you can see, as I said earlier, I'm no Michelangelo, but I enjoy every moment of creating! There'll be many more happy hours creating – I hope!

## Links & Recommended Reading.

Website: <https://annaenfyshealing.co.uk/>

Find me on social media -

Twitter - <https://twitter.com/TheGreenTemple0>

Instagram – <https://www.instagram.com/annaenfys/>

Facebook Group – <https://www.facebook.com/groups/1331457350997092>

Facebook Page – <https://www.facebook.com/GreenTempleTrailOfTheRose>

## Books

Silver Wheel - Elen Elenna

Finding Elen – The Quest for Elen of the Ways – Caroline Wise

The Ancient British Goddess – Kathy Jones

The Mabinogion – Sioned Davies

Creations Heartbeat – Following the Reideer Spirit (this one is out of print, but you can pick up copies if you're lucky).

Celtic Goddess of Inspiration – Cerridwen by Kristoffer Hughes

Brigid – Meeting The Celtic Goddess of Poetry, Forge and Healing Well – Morgan Daimler

The Cailleach – Rachel Patterson

The Celtic Goddess by Trevor Greenfield & Contributors inc. Morgan Daimler & Elen Sentier.

Oddly I only found snippets about Arianrhod other than that mentioned in books of other goddesses and of course in the Mabinogi story.

These next ones are what fired me up when Elen came into my awareness.

Following the Deer Trods

Elen of the Ways

The Celtic Chakras – all three are by Elen Sentier

I'm sure you'll find books of your own too, for it seems that the right one pops up if it's the right one. There is of course lots of info about goddesses on the internet. Research, but be discerning and, above all, go with what you sense is right. Honour your intuition.

Last of all music!

<https://www.youtube.com/c/DamhtheBardMusic>

[https://www.youtube.com/results?search\\_query=lady+callidora](https://www.youtube.com/results?search_query=lady+callidora)

<https://www.youtube.com/channel/UC74mfWfay5TyF6E7q91kYFA>

If you come across some great books or pieces of music, please do share!

Read on now and find out more about the Author.

## About the Author.



Anna Enfys is the pen name of Elaine Jeyes. She lives in South West Wales with her other half and little four pawed friend. Originally from Northamptonshire, the feeling of ‘hiraeth’ led to a relocation to Wales, the land of her heart.

Her journey started out with colour therapy. At the time she had been working at an art and craft business and kept thinking of colours and their symbology – that was it – off she went to do a colour therapy course after looking up colour symbology and becoming hooked.

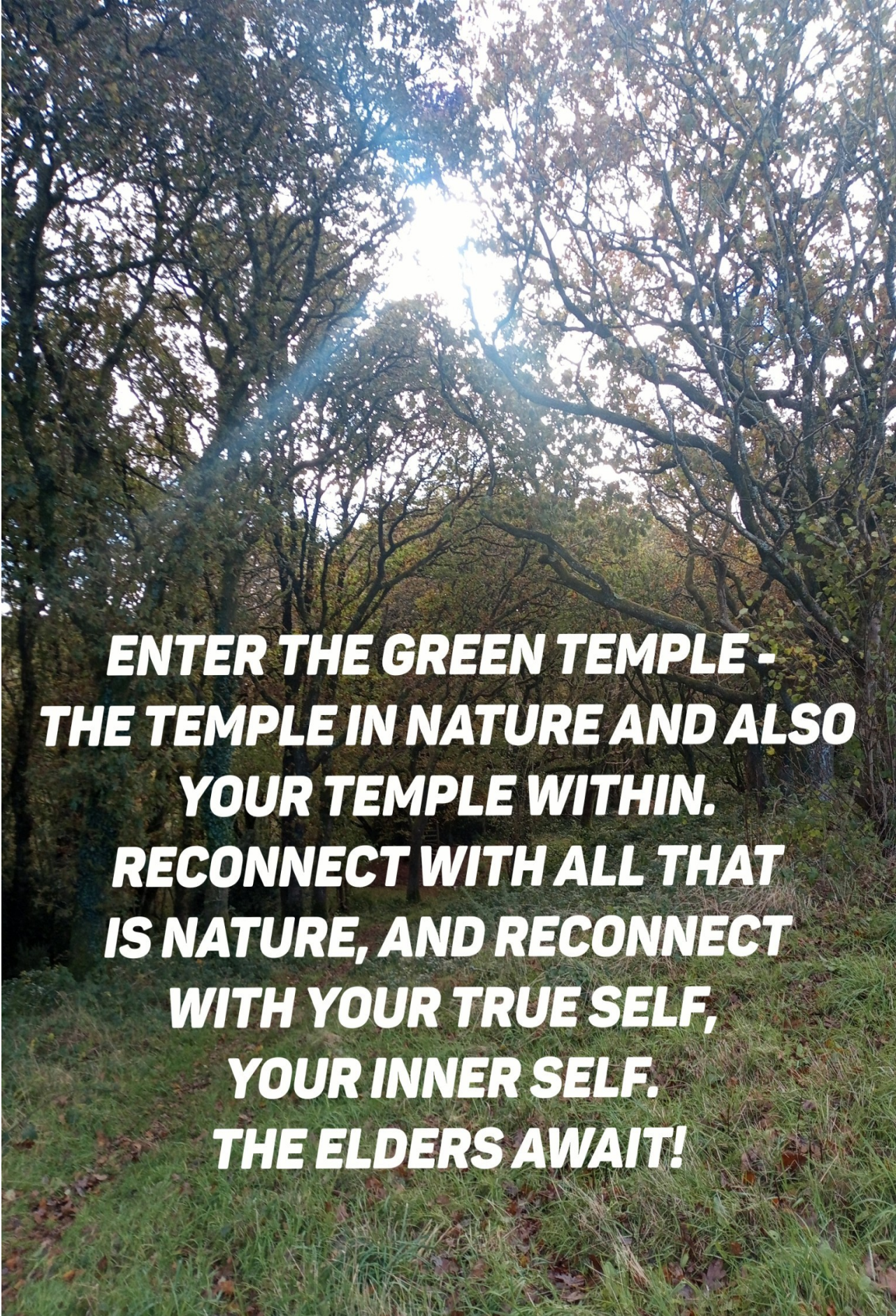
From there it really snowballed. Along came crystals, colour aromatherapy, Egyptian sekhem healing, reiki healing and so much more. These are coming back to the fore, in particular with regards to working with nature.

Elaine has written a few books and courses now, which are freely available from the website, in fact all on the website is free. There is community, books and a magazine under way and so much more. The link to the site is listed in recommended reading.

All books are currently in the Flip Book design which means they’re easily read on all devices.

A rather larger work is currently underway, along with ongoing work in other areas. Visit the website or social media for updates. Your connection and feedback is welcomed and important to Anna.

You are wished many happy blessings upon your journey!



**ENTER THE GREEN TEMPLE -  
THE TEMPLE IN NATURE AND ALSO  
YOUR TEMPLE WITHIN.  
RECONNECT WITH ALL THAT  
IS NATURE, AND RECONNECT  
WITH YOUR TRUE SELF,  
YOUR INNER SELF.  
THE ELDERS AWAIT!**